

COPY

First Church of God

Dr. Timothy J. Clarke

presents

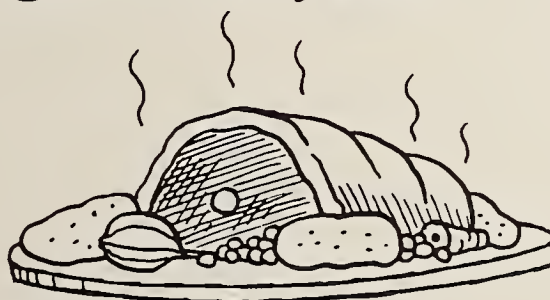
Office of Minority Health
Resource Center
PO Box 37337
Washington, DC 20013-7337

“Black Kids Can Eat Right Too ...”

COOKBOOK



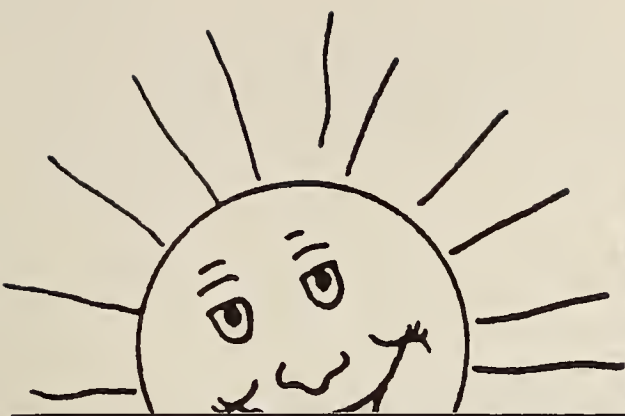
Kids Ages 5-12 years



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First Church of God
115 Wilson Avenue
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Cheryl Boyce, Executive Director



Breakfast

Guide to Good Eating ...

A Recommended Daily Pattern

The recommended daily pattern provides the foundation for a nutritious, healthful diet.

The recommended servings from the Four Food Groups for adults supply about 1200 Calories. The chart below gives recommendations for the number and size of servings for several categories of people.

| Food Group | Recommended Number of Servings | | | | |
|--|--------------------------------|----------|-------|----------------|-----------------|
| | Child | Teenager | Adult | Pregnant Woman | Lactating Woman |
| Milk 1 cup milk, yogurt, OR Calcium Equivalent: 1½ slices (1½ oz.) cheddar cheese 1 cup pudding 1¾ cups ice cream 2 cups cottage cheese* | 3 | 4 | 2 | 4 | 4 |
| Meat 2 ounces cooked, lean meat, fish, poultry, OR Protein Equivalent: 2 eggs 2 slices (2 oz.) cheddar cheese* ½ cup cottage cheese* 1 cup dried beans, peas 4 tbsp peanut butter | 2 | 2 | 2 | 3 | 2 |
| Fruit-Vegetable ½ cup cooked or juice 1 cup raw Portion commonly served such as a medium-size apple or banana | 4 | 4 | 4 | 4 | 4 |
| Grain , whole grain, fortified, enriched 1 slice bread 1 cup ready-to-eat cereal ½ cup cooked cereal, pasta, grits | 4 | 4 | 4 | 4 | 4 |

*Count cheese as serving of milk OR meat, not both simultaneously.

“Others” complement but do not replace foods from the Four Food Groups. Amounts should be determined by individual caloric needs.

MOON BEAMS

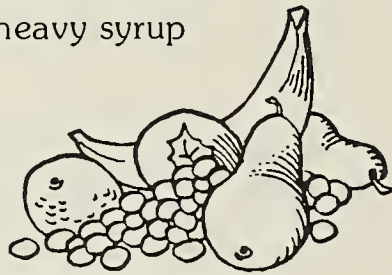
- 1 c. crunchy peanut butter
- 1 c. Rice Krispies
- 1/2 c. nonfat dry milk powder
- 1/2 c. honey
- coconut (optional)



Combine peanut butter, 1/2 cup cereal, skim milk powder and honey. Roll into one inch balls. Roll in remaining cereal or coconut. Makes three dozen.

MIXED FRUIT

- 1/2 bag apples
- 1 can chunk pineapple in heavy syrup
- 1 can fruit cocktail
- 1 can grapefruit juice
- 3 cans pure orange juice
- 1 bunch seedless grapes
- 3 bananas
- 1 box of raisins



Wash apples, core and cut up into chunks. Mix all ingredients together. Put in a gallon container. Keep fresh in refrigerator.

SWEET CINNAMON

- 1 slice bread
- butter
- granulated sugar
- cinnamon



Butter bread, sprinkle with granulated sugar and cinnamon. Put in toaster oven until edges brown.

What did the chicken say when his mama laid an orange egg?

Look at that orange marmalade!



What does Casper eat for breakfast?

Ghost toasties and evaporated milk!

How can you have breakfast without getting up?

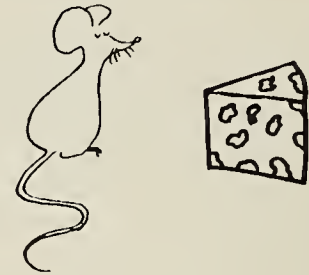
Just take a couple of rolls in bed.



CHEESE DELIGHT

- 1 slice of whole wheat or enriched bread
- 1 slice of cheese
- 1 slice of chipped ham

Put bread in pan and place slice of ham and cheese on top. Put in 300° oven until cheese is melted.



SNACK DELIGHT

- buttered toast
- applesauce
- raisins



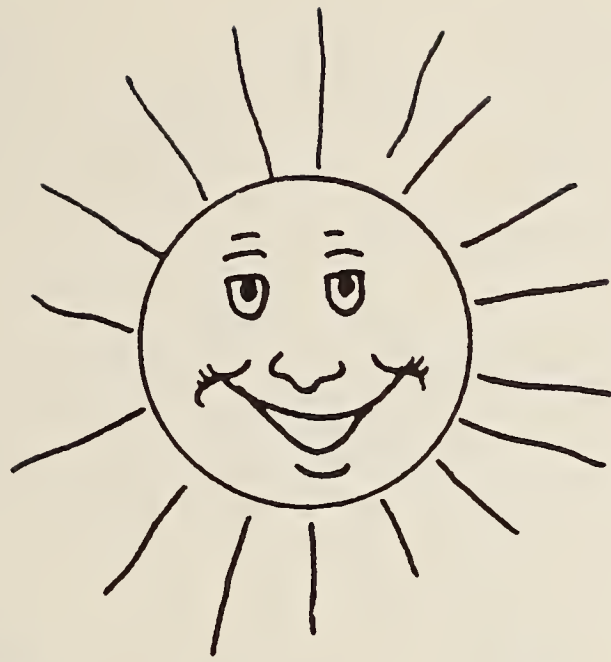
Toast 6 slices of bread with butter. Then spread applesauce over 1/4" thick. Place 1/3 cup of raisins over the applesauce on each piece of toast.



FAVORITE SNACKS

- Peanut butter and raisin bread
- Peanut butter and banana sandwich
- Celery stuffed with peanut butter
- Apples, carrot strips, and bananas

The children love all of these.



Lunch

Nutrients for Health

| Nutrient | Important Sources of Nutrient | Nutrient | Important Sources of Nutrient |
|----------------------------------|--|-----------------------------------|---|
| Protein | Meat, Poultry, Fish Dried Beans and Peas Egg Cheese Milk | Niacin | Liver Meat, Poultry, Fish Peanuts Fortified Cereal Products |
| Carbohydrate | Cereal Potatoes Dried Beans Corn Bread Sugar | Iron | Enriched Farina Prune Juice Liver Dried Beans and Peas Red Meat |
| Fat | Shortening, Oil Butter, Margarine Salad Dressing Sausages | Thiamin (B₁) | Lean Pork Nuts Fortified Cereal Products |
| Vitamin A (Retinol) | Liver Carrots Sweet Potatoes Greens Butter, Margarine | Riboflavin (B₂) | Liver Milk Yogurt Cottage Cheese |
| Vitamin C (Ascorbic Acid) | Broccoli Orange Grapefruit Papaya Mango Strawberries | Calcium | Milk, Yogurt Cheese Sardines and Salmon with Bones Collard, Kale, Mustard, and Turnip Greens |

MASHED POTATO PUFF

- 2 c. firm well-seasoned mashed potatoes, cooled
- 1/2 c. coarsely shredded cheese
- 2 eggs
- 2 large green onions w/tops, sliced thin, divided
- 2 T. margarine

Beat potatoes, cheese and eggs until well blended. Reserving 1 tablespoon, stir in remaining onions. Heat margarine in heavy 9 or 10 inch skillet over medium heat. Add potato mixture; spread in skillet. Reduce heat to low; cover and cook 12 to 15 minutes or until potatoes puff up and look firm. Sprinkle with reserved tablespoon onions. Serve with frankfurters, luncheon meat or sausage. Serves four.

HAM ROLL-UPS

- Slice of boiled ham
- cream cheese (softened)
- crushed pineapple (drained)



Mix cream cheese and crushed pineapple. Spread on ham slice. Roll-up and stick with toothpick. Serve with crackers and juice.

You can also use bologna, dutch loaf, pepper loaf, or honey loaf, in place of boiled ham.

Spread smooth peanut butter on apple halves; kids like doing this.

Stuff celery with cream cheese and crushed pineapple.

PIZZA HOT DOGS

- 1 lb. beef hot dogs
- 1 12 oz. can tomato sauce
- 1 cup shredded mozzarella cheese
- 5 slices of bread



Cut bread in half and slice hot dogs down the middle, lengthwise; do not cut through. Break open and lay on half slice of bread; spoon tomato sauce on hot dogs; sprinkle with oregano, garlic powder and mozzarella cheese. Broil about three inches from heat until cheese melts and bread browns.

CHEESE DELIGHT

- 1 slice of whole wheat or enriched bread
- 1 slice of cheese
- 1 slice of chipped ham

Put bread in pan and place slice of ham and cheese on top. Put in 300° oven until cheese is melted.

SNACK SUGGESTIONS

- Peanut butter and banana sandwich
- Turkey salad on toast
- Hot dog slices on a grilled cheese sandwich
- Peanut butter on graham crackers
- Peanut butter on celery sticks
- Peanut butter on carrot sticks
- Cheese toast with apple or orange slices
- Cheese and apple slices with crackers



“Sal’s Spaghetti Plate”

Draw a path through the spaghetti from start to finish. You cannot cross any lines. Use your pencil!

Once you have found your way out, color the path you made. Then, color the plate.

What do witches eat for lunch?

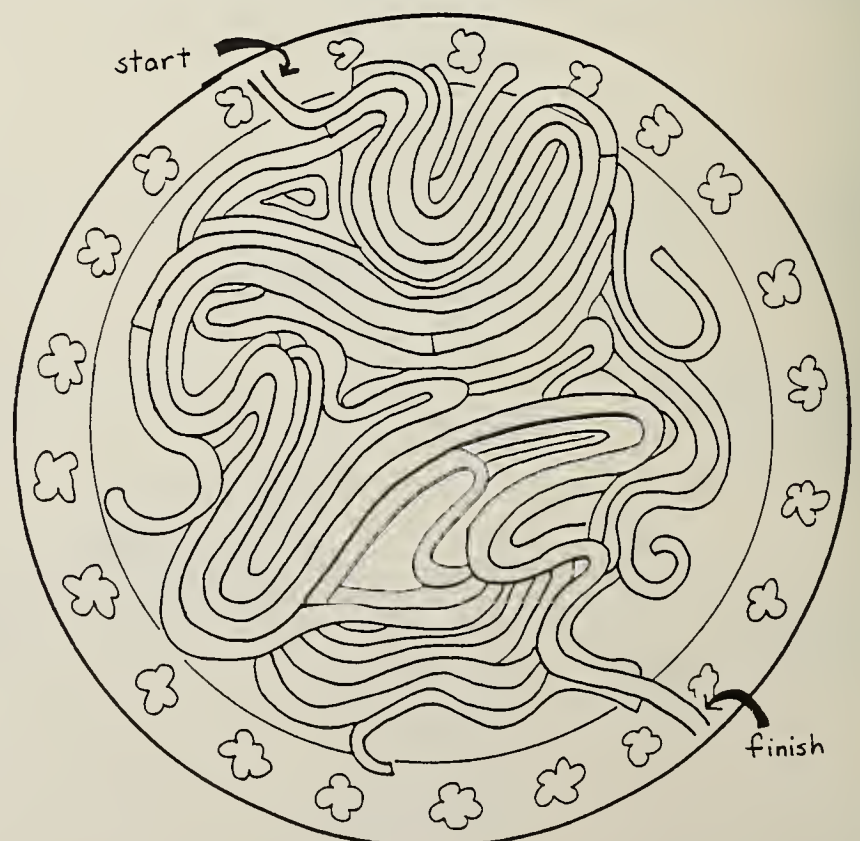
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Halloweenies!

Why was the astronaut eating a sandwich?

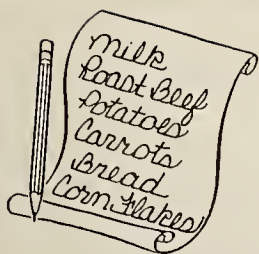
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It was launchtime!





Dinner



12 HINTS FOR HEALTHFUL SHOPPING AT THE GROCERY STORE

1. Plan a weekly menu for your family.
2. Use the basic four food groups when planning the weekly menu.
3. Prepare a shopping list and only buy items at the store that are on the list.
4. Select the grocery store wisely. Some stores offer special services but food prices are higher.
5. Buy food in the quantity that best serves your family's needs.
6. Select foods according to their intended use. Canned vegetables may taste good in stew, but you may want fresh vegetables for a salad.
7. Compare the prices of different brands of food.
8. Shop when the store is not crowded so that you may take your time comparing prices.
9. Do your shopping about once a week.
10. Buy foods when they are in season.
11. Include meat alternatives such as — eggs, peanut butter and dried beans or peas in your weekly menu.
12. Remember — A sale is not a bargain unless you need the food item.

Good Nutrition Is Important — Make sure that each family member receives the proper number of servings from each of the Basic Four Food Groups.

| FOOD GROUP | Number of Servings | | |
|-----------------|--------------------|----------|-------|
| | Child | Teenager | Adult |
| Milk | 3 | 4 | 2 |
| Meat | 2 | 2 | 2 |
| Fruit-Vegetable | 4 | 4 | 4 |
| Bread-Cereal | 4 | 4 | 4 |

PIZZA SNACK

- 1 slice of bread buttered
- cooked ground beef
- grated cheese
- sliced peppers
- tomato catsup



Cover bread with all ingredients except cheese. Sprinkle cheese on top. Bake in oven at 450° until brown or cheese is melted.

MEAL IN A HURRY

Lay one piece of heavy foil down. Put on 1 pat of butter. Place one pattie of ground chuck on top. Put potatoes, carrots, onions, salt and pepper, to taste, on meat. Roll foil around and seal. Bake at 350° for 1½ hours.

APPLE-PEANUT BUTTER SANDWICHES

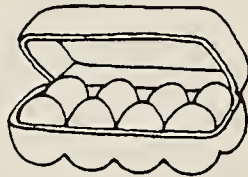
- 8 slices whole wheat bread
- 2/3 c. creamy peanut butter
- soft butter or margarine
- 1/3 c. applesauce
- 1/4 c. finely chopped unpared red apples
- 4 crisp bacon slices, crumbled
- 4 lettuce leaves



Lightly spread bread with butter. In small bowl, combine peanut butter and applesauce; mix until smooth. Stir in apple and bacon. Spread 4 bread slices with filling. Top with lettuce and remaining slices. Makes four servings.

DEVILED EGGS

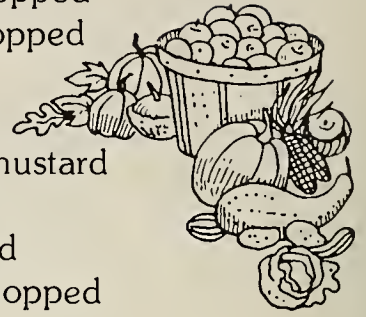
- 12 hard cooked eggs shelled
- 6 tablespoons mayonnaise
- 6 tablespoons chili sauce
- 2 thin slices of onion
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon dry mustard



Cut eggs in half lengthwise; separate yolks from whites. Put egg yolks from whites and remaining ingredients in blender. Blend at medium speed until smooth. Fill egg whites with blended yolk mixture. Chill. Yields 24 halves.

POTATO SALAD

- 8 medium potatoes, cut up
- 1 stalk celery, finely chopped
- 1 small onion finely chopped
- 1 cup mayonnaise
- 1/2 cup sweet relish
- 3 teaspoons prepared mustard
- 2 teaspoons salt
- 1 green pepper chopped
- 1/2 cup pimento finely chopped
- 2 boiled eggs



Put vegetables in a bowl. Mix rest of ingredients. Toss lightly to mix. Chill before serving.

TUNA SALAD

- 1 can tuna
- pickle relish and mayonnaise to taste



Put on crackers and serve.

RED BEET SALAD

(South Africa)

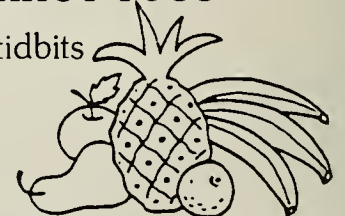
- 4 medium-sized beets, cooked and diced
- OR
- 1 can beets (drained)
- 1 small onion, finely chopped
- 1/2 t. sugar
- 1/2 t. salt
- 1-2 T. vinegar



Combine beets and onions. Dissolve sugar and salt in vinegar. Pour over beets and mix well. Serve cold.

PINEAPPLE CARROT TOSS

- 1 8¾ oz. can pineapple tidbits
- 2 c. shredded carrots
- 1/2 c. raisins
- mayonnaise



Drain one can pineapple tidbits. Mix with 2 cups shredded carrots and 1/2 cup raisins. Chill. Just before serving, add mayonnaise to moisten. Serves 6.

Who won the cabbage vs. the tomato race?

The cabbage was a head but the tomato was trying to ketchup!

What do you call a hot dog in the winter?

Chilly dog!

Special Drinks & Treats

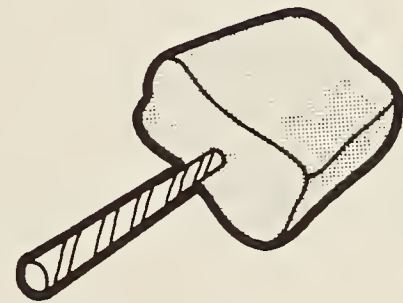
SNACKS WITHOUT ADDED SUGAR

Teens tend to eat snacks that contain sugar. Sugar not only causes tooth decay but weight gain, too. Here are some recipes that will satisfy a sweet tooth — without added sugar:

FRUIT DRINK

- 1 c. strawberries
- 1 c. orange juice
- 1 ripe banana

Blend fruits and juices in an electric blender until smooth. If blender can crush ice, add ice to make a sherbet-like dessert. Can be frozen for frozen fruit squares. Yield: 2 servings.



YOGURT JUICE POPSICLES

- 2 8-oz. cartons plain yogurt
- 1 12-oz. can concentrated unsweetened fruit juice
- dash of vanilla

Combine all ingredients. Mix well. Freeze in molds (3 oz. paper cups work well.) For handles, insert wooden sticks when mixture is partially frozen.

FRUIT MILK SHAKE

- 1½ c. milk
- ¼ teaspoon vanilla
- 1 large banana or ½ c. strawberries

Blend milk and vanilla in blender. Add fruit and blend until smooth.



When eating snacks of any kind, moderation is essential. It is also important to brush whenever possible to help avoid tooth decay.

PEANUT BUTTER SNACKS

- 2 c. peanut butter
- 1 c. honey
- 1 c. honey
- 1 c. angel flake coconut

Mix all together. Roll in date sugar. (Purchase date sugar at Health Food Store). These snacks freeze well.

SUMMER COOLER

- 1 qt. 100% pure orange juice
- 1 qt. 100% pure pineapple juice
- 1/2 qt. 100% pure grapefruit juice
- 2 T. lemon juice
- 1 qt. fresh strawberries (mashed or blended in blender)
- 1/2 c. honey



Blend all ingredients together. Serve 4-6 ounce portions in tall glasses over crushed ice. Garnish with mint leaf or lemon wheel. Serve with assorted crackers for a complete snack. Makes one gallon of juice.

NO BAKE OATMEAL COOKIES

- 4 c. sugar
- 2 sticks oleo or butter
- 3 T. water (or enough to wet sugar)
- 4 T. cocoa or chocolate
- 2 c. oats (or enough to make mixture thick)
- 3 buttered plates ready



Mix sugar, oleo, water, chocolate or cocoa. Bring to a rolling boil, add oats. Spoon out onto buttered plates. Let cool. Yields about 2 dozen. The children love these very much!

FRESH BANANA COOLER

- 2 medium size bananas, sliced
- 2 tablespoons honey
- 2 c. cold milk
- 1 pint vanilla ice cream (best when soft)
- 1/2 teaspoon ground ginger (if desired)



Place sliced bananas and honey in blender with small amount of the milk. Puree until almost smooth. Add remaining milk and ice cream and ginger. Blend until frothy, about 1 minute. Serve in chilled glasses. This will make about 36 ounces or 4 glasses. This, along with graham crackers is very refreshing!

ALL FLAVORED POPSICLES

- fruit juice punch
- large cup of pineapple juice
- large cup of frozen orange juice or 1/2 gal. of orange juice



Yields 6 all-flavored popsicles.

NO COOKING FUDGE

- 1 18 oz. jar peanut butter
- 1 lb. box of XXX sugar
- 1 T. vanilla flavor
- dash of salt

Add just enough Carnation milk to moisten. Mix well and put on platter. Press out flat and cut into squares.

Why do you keep that bag of dirt?

Its an instant mud pie mix.

When should a baker stop making doughnuts?

When he's sick of the whole business!



Fingerplays When Cooking With Kids
(to use while waiting)

Dirty Hands

Dirty hands are such a fright
See, I washed mine clean and bright! (Hold hands out, palms up)
I know that it is quite right
To wash them morning, noon and night.

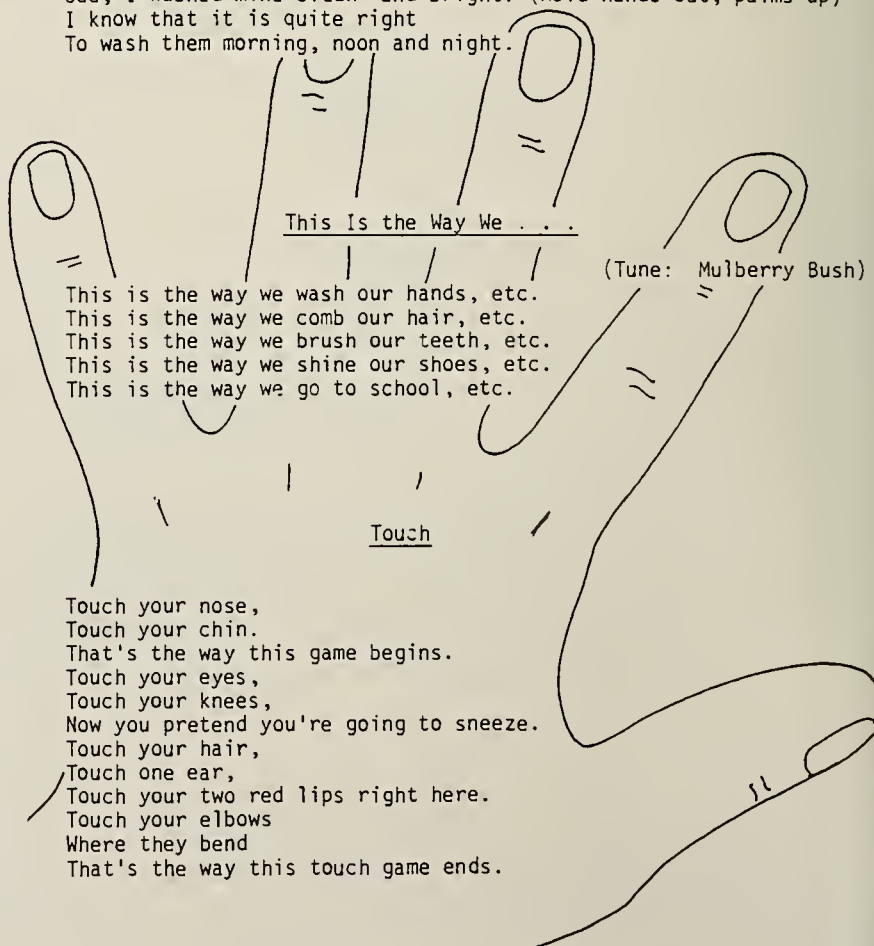
This Is the Way We . . .

This is the way we wash our hands, etc.
This is the way we comb our hair, etc.
This is the way we brush our teeth, etc.
This is the way we shine our shoes, etc.
This is the way we go to school, etc.

(Tune: Mulberry Bush)

Touch

Touch your nose,
Touch your chin.
That's the way this game begins.
Touch your eyes,
Touch your knees,
Now you pretend you're going to sneeze.
Touch your hair,
Touch one ear,
Touch your two red lips right here.
Touch your elbows
Where they bend
That's the way this touch game ends.



Name _____

Cut, paste, color.

I can set the table.

